

# **Post Graduate Diploma in Counselling (PGDCOUN)**

## **Assignments : 2019-2020**

### **Course Titles**

- MSW-001 : Origin and Development of Social Work**
- MSW-012 : Introduction of Life Characteristics and Challenges**
- MSW-013 : Introduction to Psychological Basics of Counselling**
- MSW-014 : Relevance of Social Case Work in Counselling**
- MSW-015 : Basics of Counselling**
- MSW-016 : Fields of Counselling**

**Last Date of Submission of Assignments to the Study Centre**

**July, 2019 Session-March 31, 2020**

**January, 2020 Session-September30, 2020**



**School of Social Work  
Indira Gandhi National Open University  
Maidan Garhi, New Delhi-110068**

Dear Learner,

Welcome to the Post Graduate Diploma in Social work Counselling (PGDCOUN) Programme of IGNOU. You have purposefully chosen to become a post graduate in Social Work to contribute your mite for improving the social conditions of our humanity. To successfully complete your PGDCOUN programme, kindly follow to following tips:

Read the programme guide before your begin your studies. It will clarify most of your doubts regarding how to go about doing the PGDCOUN from IGNOU.

Submit your assignments to the study centre on time.

Be in touch with your Study Centre and Regional Centre.

Fill up the examination form on time.

Do your field practicum only under the guidance of a professionally qualified social worker having MSW/M.A (Social Work) provided to you from your study centre.

For PGDCOUN, you have to do one each Tutor Marked Assignments (TMAs) for MSW-001, MSW- 012, MSW-013, MSW-014, MSW-015 and MSW-016. The TMAs must be submitted to the Coordinator of the Study Centre allotted to you, latest by March 31, 2019 for those admitted to July 2018 Session and September 30, 2019 for those admitted to January 2019 Session. Assignments are open book examination and we at IGNOU assign 30 per cent weightage to the assignment while calculating the overall grade for each course. **Assignments are to be hand-written only** and duly signed on it before its submission in the study centre. In order to prepare a good set of assignment-responses, you must first of all read the chapter(s) from which a particular question has been framed. Discuss with your peer-group and academic counselors or professors who teach you. Prepare a draft, do the necessary correction on it and then, prepare the final version for submission to the Study Centre. Make sure that each question answer starts on a new page. For long and medium answers, ensure that there is an introduction, sub-titles for main body and a conclusion. One line should be left between each paragraph. Make sure your answers are specific and in your own words and do not copy from books. Your answers will be exclusively based on the IGNOU materials only. Preparation of assignments is preparation for your term-end examination. Therefore take the assignments seriously.

**Dr.N.Ramya**

**(Programme Coordinator, PGDCOUN)**

# Origin and Development of Social Work ASSIGNMENT

Course Code: MSW-001  
Total marks: 100

**Note:** (i) Answer all the **five** questions.

(ii) **All** questions carry **equal** marks.

(iii) Answers to question no. **1** and **2** should not exceed **600** words each.

- 1) Define social work? Write a note on social work as a profession. 20
- Or
- Discuss about the scope and relevance of social work in post modern society? 20
- 2) What is the relation between social service, social defence and social welfare? 20
- Or
- List the characteristics of generalist perspective. Write a note on the relevance of generalist practice in India. 20
3. Answer any **two** of the following questions in about **300** words each :
- a) Trace the development of social work practice in Saudi Arabia. 10
- b) What do you understand by the international social work values and ethics? Discuss? 10
- c) Is community work still relevant in the contemporary society? Give reasons for your answer. 10
- d) Write a brief note on the contribution of social work research to practice. 10
4. Attempt any **four** of the following in about **150** words each:
- a) Highlight the 6 specific roles within the church that could be classified as social welfare related. 5
- b) Are there any implications for indigenization of social work knowledge? Comment 5
- c) Briefly trace the historical development of group work in India. 5
- d) List down any three definition of social action by various authors. 5
- e) What is the purpose of the NASW Code of Ethics? 5
- f) Write a small note on social work education in South Africa. 5
- 5) Write short notes on **any five** of the following questions in about **100 words** each:
- a) Ethical Standards 4
- b) NAPSWI 4
- c) Deductive Research 4
- d) Case work in medical setting 4
- e) Philanthropy 4
- f) Principles of social work administration 4
- g) Social Policy as noted by Kulkarni (1978) 4
- h) Social Work education through distance learning 4

# INTRODUCTION TO LIFE CHARACTERISTICS AND CHALLENGES ASSIGNMENT

Course Code: MSW-012

Total marks: 100

- Note:** (i) Answer all the **five** questions.  
(ii) **All** questions carry **equal** marks.  
(iii) Answers to question no. **1** and **2** should not exceed **600** words each.
- 1) Discuss the psychological and social challenges in adolescence. Or Describe the anatomical and physiological changes related to old age. 20
  - 2) 'Adolescence is a period of opportunity and challenge for positive development'. Discuss. Or Discuss the adjustments that an adult needs to make during the family developmental stages. 20
  - 3) Answer any **two** of the following questions in about **300** words each:
    - a) Explain the role of adults in the society. 10
    - b) Describe briefly the physical development during infancy. 10
    - c) Discuss the importance of 'peers' and 'play' in a child's life. 10
    - d) Explain some of the major developmental hazards in babyhood. 10
  - 4) Answer any **four** of the following in about **200** words each:
    - a) Explain briefly the family life cycle. 5
    - b) What do you mean by neo-natal care? 5
    - c) Write a short note on the role of teacher in the development of adolescent. 5
    - d) Give any two reasons as to why people get married. 5
    - e) List the factors that influence job stability. 5
    - f) What is the role of counselor in a school setting? 5
  - 5) Write short notes on any **five** of the following in about **100** words each:
    - a) Parenting skills 4
    - b) Geriatric counselor 4
    - c) Cognitive challenges of adolescent 4
    - d) Puberty 4
    - e) Parents as models of socialization 4
    - f) Defence mechanism 4
    - g) Self-esteem 4
    - h) Bereavement 4

# INTRODUCTION TO PSYCHOLOGICAL BASIS OF COUNSELLING

## ASSIGNMENT

Course Code: MSW-013

Total Marks: 100

- Note:** (i) Answer all the **five** questions.  
(ii) **All** questions carry **equal** marks.  
(iii) Answers to question no. **1** and **2** should not exceed **600** words each.

1. What do you understand by Client Centered Therapy? Explain 20  

Or

Define Social Diversity. Write about the different types of social diversity present in India. 20
2. 'Depression and Mania represent the two major poles of mood disorder'  
Discuss the statement. 20  

Or

Why is Alcoholism known as a disease? Write about the long term effect on health. 20
3. Answer **any two** of the following questions in about **300 words** each:
  - a) Give the characteristics of stereotypes. 10
  - b) What is mental retardation? What are the classifications of mental retardation? 10
  - c) Explain the early indications of dementia? 10
  - d) Define Personality. Describe the clinical importance of personality. 10
4. Answer **any four** of the following questions in about **200 words** each:
  - a) What is the ABC theory of personality? Discuss briefly 5
  - b) Write about the different types of prejudice. 5
  - c) "Abnormality-away from normal". Specify 5
  - d) Explain the concept 'dissociative identity disorder'. 5
  - e) What is ADHD? Write a brief note. 5
  - f) 'Co-operation' as a kind of social interaction. Comment 5
5. Write short notes on **any five** of the following questions in about **100 words** each:
  - a. The adult ego state. 4
  - b. Regionalism 4
  - c. Learning theory 4
  - d. Alzheimer's disease 4
  - e. Rational Thinking 4
  - f. Group cohesiveness 4
  - g. Agoraphobia 4
  - h. Detoxification 4

# RELEVANCE OF SOCIAL CASE WORK IN COUNSELLING ASSIGNMENT

Course Code: MSW-014

Total Marks: 100

Note: (i) Answer all the **five** questions.

(ii) **All** questions carry **equal** marks.

(iii) Answers to question no. **1** and **2** should not exceed **600** words each.

1. Define counseling. Discuss the relationship between casework and counselling  
Or  
Describe social casework practice in the Indian context. 2020
2. Explain the purpose and functions of case recording and documentation. List the uses and functions of Social Case Records.  
Or  
Discuss the major family problems being identified in India. 2020
3. Answer any **two** of the following questions in about **300** words each :
  - a) Define social diagnosis. Describe the steps followed in it. 10
  - b) Explain various health settings in which case work is practiced in India. 10
  - c) What are the six aspects of social casework process involved in Correctional setting. 10
  - d) Discuss different types of questions during interviewing with suitable examples. 10
4. Attempt any **four** of the following in about **200** words each:
  - a) What are the characteristics of a caseworker-client Relationship? 5
  - b) List the strengths and weaknesses of an interview. 5
  - c) Mention the skills that are required while conducting home visit. 5
  - d) Discuss the issue of confidentiality in case recording. 5
  - e) Highlight some of the professional social work ethics. 5
  - f) What are the three essential operations of problem solving process. 5
5. Write short notes on any **five** of the following in about **100** words each:
  - a) Objectives of interview in case work 4
  - b) Climate setting skills. 4
  - c) Bio-Psychosocial- Spiritual Perspective 4
  - d) Therapeutic interview 4
  - e) Process recording 4
  - f) Skills in counselling 4
  - g) Rehabilitation strategies 4
  - h) Employee Assistance Programs (EAPs) 4

# BASICS OF COUNSELLING ASSIGNMENT

**Course Code: MSW-015**  
**Total marks: 100**

**Answer all the five questions.**

**Note:** (i) Answer all the **five** questions.

(ii) **All** questions carry **equal** marks.

(iii) Answers to question no. **1** and **2** should not exceed **600** words each.

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|----|--|----|
| 1. | Explain the factors that influence counselling process.  | 20 |
|    | OR   |    |
|    | Discuss the models of counselling.   | 20 |
| 2. | Describe the counselling process.  | 20 |
|    | OR   |    |
|    | Define Supportive Psychotherapy. Explain the components and techniques of Supportive Psychotherapy.        | 20 |
| 3) | Answer any <b>two</b> of the following questions in about <b>300</b> words each:                           |    |
|    | a) Define play therapy and explain its types.  | 10 |
|    | b) Explain the need and scope of various tools in counselling.   | 10 |
|    | c) Highlight the theoretical basis of cognitive behaviour therapy.   | 10 |
|    | d) Describe the methods of intake, assessment, diagnosis and hypothesis formulation in family counselling. | 10 |
| 4) | Answer any <b>four</b> of the following questions in about <b>200</b> words each:                          |    |
|    | a) What is the need and scope of counselling?  | 5  |
|    | b) Enlist the skills needed for a counsellor.  | 5  |
|    | c) Mention the roles of therapist and client in Cognitive Behaviour Therapy.                               | 5  |
|    | d) List any of the five roles of a family therapist.   | 5  |
|    | e) Briefly explain the techniques of Adlerian counselling.   | 5  |
|    | f) Point out the strengths of client centred counselling.  | 5  |
| 5) | Write short notes on any <b>five</b> of the following questions in about <b>100</b> words each:            |    |
|    | a) Ethical counselling   | 4  |
|    | b) Client records and rights   | 4  |
|    | c) Child-centred Play Therapy  | 4  |
|    | d) Role of a counsellor in psychoanalysis  | 4  |
|    | e) Techniques of Existential Counselling   | 4  |
|    | f) Rational Emotive Therapy  | 4  |
|    | g) Reality Therapy   | 4  |
|    | h) Behavioural Approach  | 4  |

# FIELDS OF COUNSELLING ASSIGNMENT

**Course code: MSW-016**  
**Total Marks 100**

- Note:** (i) Answer all the **five** questions.  
(ii) **All** questions carry **equal** marks.  
(iii) Answers to question no. **1** and **2** should not exceed **600** words each.

- |    |  |    |
|----|--|----|
| 1. | Explain the concept of Family. List the stages of family counselling.  | 20 |
|    | Or   |    |
|    | Describe the mental health practice models.  | 20 |
| 2. | Explain the theories on adolescent development.  | 20 |
|    | Or   |    |
|    | Discuss the theories which explain the process of developing gender identity.  | 20 |
| 3. | Answer any <b>two</b> of the following in about <b>300</b> words each:   |    |
|    | a) Discuss the role of a counsellor in judicial system.  | 10 |
|    | b) What are the effects of caregiving on caregivers?   | 10 |
|    | c) What is rehabilitation counselling? Differentiate between rehabilitation counseling and other types of counselling. | 10 |
|    | d) Mention the subjects included in the social defence programmes in India.  | 10 |
| 4. | Answer any <b>four</b> of the following in about <b>200</b> words each:  |    |
|    | a) Describe the concept of dissolution of marriage in the Indian context.  | 5  |
|    | b) Discuss the role of elementary school counsellor.   | 5  |
|    | c) What are the essential skills required in adolescence?  | 5  |
|    | d) List the legal and ethical issues related to HIV/AIDS.  | 5  |
|    | e) Highlight the components of counseling in de-addiction.   | 5  |
|    | f) Enlist the characteristics of a career.   | 5  |
| 5. | Write short notes on any <b>five</b> of the following in about <b>100</b> words each:                                  |    |
|    | a) Chief causes of suicide   | 4  |
|    | b) Family Planning Counselling   | 4  |
|    | c) Spiritual suffering   | 4  |
|    | d) Five stages of grief  | 4  |
|    | e) Stress Management   | 4  |
|    | f) Skills needed for career counselling  | 4  |
|    | g) Gender aware therapy  | 4  |
|    | h) Feminism  | 4  |